

# FJÄLLMARATON 100K

PRESENTED BY



## RACE DAY INFO - FJÄLLMARATON 100K

1 August 2024

### START

Fjällmaraton 100K 05:00 Fångåmon

### RACE NUMBERS

*You will receive an SMS on Wednesday with your start number. To speed up the process when collecting your race number, supply the staff with the number written in the sms as well as your full name.*

Where and when to collect your number or put in a last-minute entry:

#### Fjällmaraton 100K

Wed 31/7 16:00–18:00 Åre Torg/The main square in Åre  
19:00–21:00 Fjällmaraton Center, Ottsjö

Thurs 1/8 04:00-04:30 Fjällmaraton Center, Ottsjö, before taking the bus to start

### DROP BAGS

Athletes may deposit a drop bag at a designated spot at the start. Items deposited here will be available mid-route as you pass Ottsjö. **Mark it clearly with your race number.** We recommend using a waterproof material as drop bags may be exposed to the elements.

Your designated support crew will have access to a large, weather-proof tent at the drop bag zone, equipped with tables and chairs that they can use to help provide support.

## YOUR SUPPORT CREW

Each athlete will receive one accreditation for their individual support crew. This individual will have access to the drop bag zone in the race and a parking pass for Ottsjö near the midway point and finish. Support is not permitted along the route outside of the official feed stations. Pacing is also not allowed.

## BUS TRANSFER to the start & after the race

The race organises a free bus transfer to the start in Fångåmon from Åre → ICA Björnänge → Undersåker via the Fjällmaraton centre in Ottsjö.

Important: Use the link below to book a spot on the bus.

**Book your transfer by 18:00 on Wednesday, 31 July:**

<https://dinkurs.se/92609>

### Bus transfer time table:

#### Fjällmaraton 100K 1 August 2024, start 05.00 Fångåmon

|                            |       |
|----------------------------|-------|
| Åre train station          | 03:30 |
| ICA Björnänge              | 03:40 |
| Undersåkers train station  | 03:50 |
| Trillevallen               | 04:00 |
| Ottsjö Fjällmaraton Center | 04:20 |

### *Tips för those coming by car to Ottsjö*

- 1. Drive into Ottsjö and follow signs to the designated parking areas.*
- 2. Leave your Drop Bag in the designated zone.*
- 3. Take the free transfer to the start in Fångåmon at 04:20*

## POST-RACE TRANSFER

Kia Fjälltransfer refers to our concept of providing free transfers in Kia's range of electric cars to wherever you have parked your car in the vicinity. There are no set departure times; transfers will depart when full from just below the road above the Fjällmaraton finish arena.

We can also help organise return transfers for athletes with accommodation in Undersåker or Åre.

## REUSABLE CUP

When collecting your race pack, all participants receive a cup to be used at the feed stations. We do not have any single-use cups at our feed stations, so it is wise to bring this foldable cup along to the race to make sure you keep hydrated at the stations. (Note: the use of this specific cup is not mandatory; you can use any cup of your choosing.)

U Sport by Umara is the official hydration drink that you'll find at all our feed stations.

### **Vålådalen 22 km**

Water, sports drink, bars (Umara), bananas

### **Nordbottnen 36.5 km**

Water, sports drink, bars (Umara), bananas, buns, coffee, bouillon

### **Ottsjö 50km | Drop bag**

Water, sports drink, bars (Umara), bananas, veggie soup, buns, coffee, bouillon

### **Tobaksdalen 63 km**

Water, sports drink, bars (Umara), hot dogs, buns, coffee, bouillon

### **Edsåsdalen 75 km**

Water, sports drink, bars (Umara), bananas, sweets, crisps, Coca-cola, buns, coffee, bouillon

### **Skavhugget 80 km**

Water, sports drink, bars (Umara), sweets

### **Ytterstvollen 90 km**

Water, sports drink, bars (Umara), sweets, crisps, Coca-cola, coffee, bouillon

### **Finish 100 km**

Post-race meal

## POST-RACE KIT

Your post-race kit refers to the non-race clothing you turn up to the race in and want to have back at the finish—don't confuse this section with your obligatory equipment. When you collect your race number you will receive a sticker with your race number on it. Stick this number on your own bag containing clean clothes for after the race.

***Drop this bag at the designated spot at the start and these will be transported by the race organisers to the finish zone.***

## RULES

- Runners must follow the waymarked route.
- All participants must be aware of the inherent risks when competing in an off-road running event like this. Any seriously injured athletes will be escorted to safety as quickly as possible by the event's designated first-aid staff, however, the weather and terrain conditions can affect the speed with which a rescue can be carried out. As such, it is essential that athletes adhere to the obligatory kit list.
- All litter, including gel wrappers, bottles etc., must be carried until you reach the nearest checkpoint or the finish line.
- We ask that all competitors take responsibility for their own wellbeing as well as those around them. As such, we expect you to take care of an injured athlete until help arrives.
- If an athlete wishes to pull out of the event, you have to inform the nearest staffed checkpoint.
- While support is not essential, it is permitted at feed stations. Athletes may not receive support along the route.
- Pacing is not allowed.
- If the race organisers deem an athlete unable to complete the race due to signs of advanced fatigue or injury, we may ask an athlete to withdraw.
- We have zero tolerance towards doping and cheating.

# OBLIGATORY EQUIPMENT



The equipment listed here is for the safety of participants and must be carried on your person throughout the entire race. Spot checks will be carried out at the finish. Any missing items will result in a time penalty of 15 minutes/item.

## Obligatory Equipment

- Mobile telephone with safety number +046 070 238 30 56 saved
- Backpack or hip pack
- Windproof jacket
- A spare long-sleeved thermal top/base layer
- Hat/ Buff and gloves
- First aid bandage
- Magnetic compass
- Container for min. 500 ml fluid
- Whistle
- Head torch
- Windproof trousers (weather dependant, you will be informed by SMS in the days leading up to race)

## Provided by race

- Two race numbers
- Map
- Reusable cup for feed stations
- Timing chip



*Forgotten anything? Don't panic! Outdoor Buddies in Åre's main square and the Fjällmaraton Centre in Ottsjö have all the obligatory equipment available for any last-minute purchases.*

## CUT-OFF TIMES

|                     |       |
|---------------------|-------|
| Ottsjö, 50 km       | 15.30 |
| Edsåsdalen, 75 km   | 18.30 |
| Trillevallen, 86 km | 21:30 |

You must have passed these checkpoints by this time. Athletes who are unable to meet the cut-off times will have to retire from the race for safety reasons. The race organisers will arrange transport to the finish line.

## PRIZE MONEY

### Prize money Fjällmaraton 100K p/b Buff - 2024

|         |       |
|---------|-------|
| 1st M/F | 1000€ |
| 2nd M/F | 500€  |
| 3rd M/F | 250€  |

The prize ceremony will take place at 20:00 in the finish arena. We request that podium athletes are present.

## POST-RACE FOOD

100K athletes will be served some simple food in the food tent at the finish in Ottsjö. Food vouchers will be handed out as you cross the finish line.

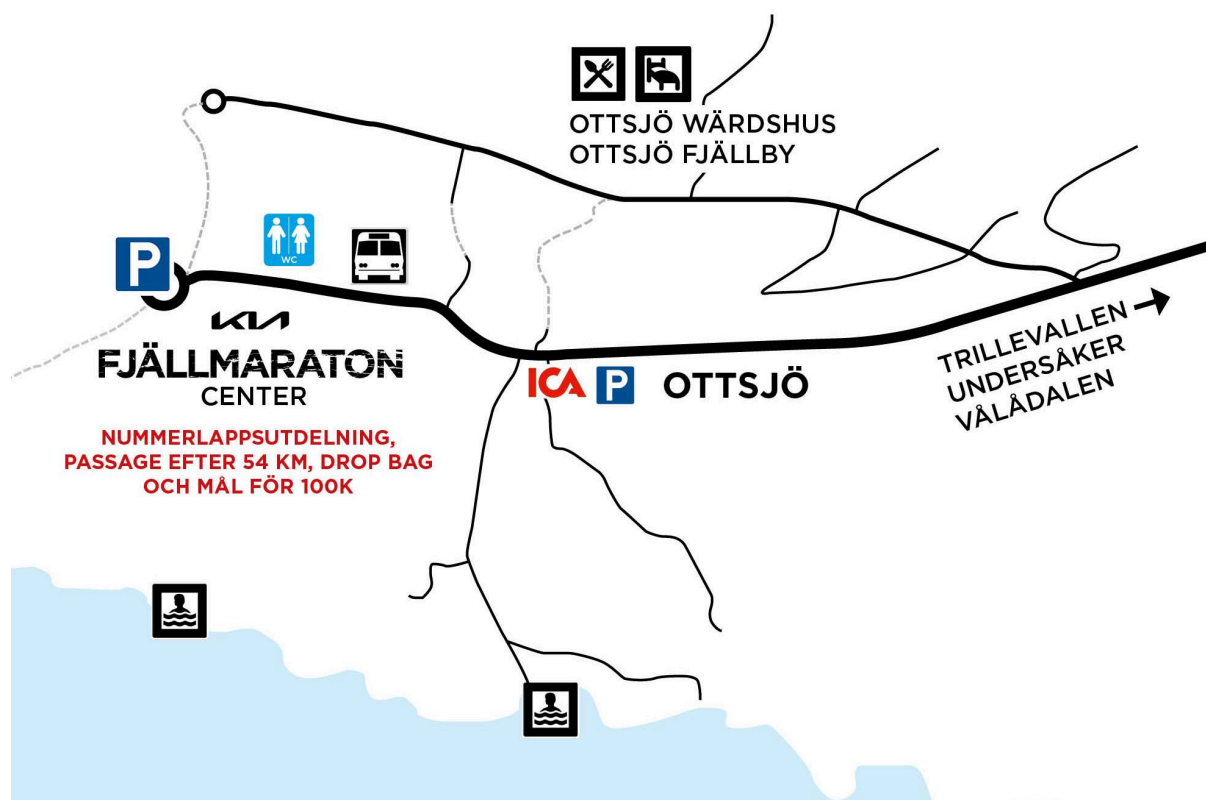
Spectators and supporters will be able to purchase food in the finish arena throughout the day and night.

## SHOWERS & TOILETS

There's a prime bathing spot in Ottsjö lake located around 700 metres from the finish.

Toilets will be available around the start in Fångåmon and the finish zone in Ottsjö.

# ÖVERSIKTSKARTA OTTSJÖ



# ÖVERSIKTSKARTA FJÄLLMARATON CENTER

